

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1		Walk/Run Warm up: Brisk walk 5 min 10 x 30 seconds run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Rest	Walk/Run Warm up: Brisk walk 5 min 10 x 1 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Walk/Run Warm up: Brisk walk 5 min 12 x 1 min run / 1 min walk Cool down: 5 min walk	Rest
	2	Walk/Run Warm up: Brisk walk 5 min 10 x 90 sec run / 1 min walk Cool down: 5 min walk	Cross Training 20-30 min	Rest	Walk/Run Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Walk/Run Warm up: Brisk walk 5 min 10 x 90 sec run / 30 sec walk Cool down: 5 min walk	Rest
3		Walk/Run Warm up: Brisk walk 5 min 8 x 2 min run / 1 min walk Cool down: 5 min walk	Cross Training 20-30 min	Rest	Walk/Run Warm up: Brisk walk 5 min 8 x 3 min run / 1 min walk Cool down: 5 min walk	Cross Training 20 min	Walk/Run Warm up: Brisk walk 5 min 6 x 4 min run / 1 min walk Cool down: 5 min walk	Rest
	4	Walk/Run Warm up: Brisk walk 5 min 5 x 5 min run / 1 min walk Cool down: 5 min walk	Cross Training 30 min	Rest	Walk/Run Warm up: Brisk walk 5 min 3 x 8 min run / 1 min walk Cool down: 5 min walk	Cross Training 20-30 min	Easy Run Warm up: Brisk walk 5 min 10 min jog without stopping	Rest
5		Walk/Run Warm up: Brisk walk 5 min Run 15 min without stopping Cool down: 5 min walk	Cross Training 30 min	Rest	Walk/Run Warm up: Brisk walk 5 min 2 x 10 min run / 1 min walk Cool down: 5 min walk	Cross Training 30 min	Walk/Run Warm up: Brisk walk 5 min Run 18 min without stopping Cool down: 5 min walk	Rest
	6	Walk/Run Warm up: Brisk walk 5 min Run 20 min without stopping Cool down: 5 min walk	Cross Training 35 min	Rest	Run Warm up: Brisk walk 5 min Run 20 min without stopping running 10 x 30 sec hard, 1 min easy Cool down: Walk 5 min	Cross Training 30 min	Walk/Run Warm up: Brisk walk 5 min 2 x 15 min run / 30 sec walk Cool down: Walk 5 min	Rest
7		Easy Run Warm up: Brisk walk 5 min Run 3 km easy without stopping Cool down: 5 min walk	Cross Training 40 min	Rest	Run Warm up: Brisk walk 5 min Run 22 min without stopping with 10 x 30 sec hard, 1 min easy Cool down: Walk 5 min	Cross Training / Easy Run Cross training 30 min, or Easy run 15 min	Easy Run Warm up: Brisk walk 5 min Run 4 km without stopping	Rest
	8	Easy Run Warm up: Brisk walk 5 min Run 4 km without stopping	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min Run 25 min: 5 min easy and then 10 x 1 min hard / 1 min easy	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Easy Run Warm up: Brisk walk 5 min Run 5 km without stopping	Rest
9		Easy Run Warm up: Brisk walk 5 min Run 4 km without stopping	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min Run 30 min by running 5 min easy and then 5 x 90 sec hard, 1 min easy	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Easy Run Warm up: Brisk walk 5 min Run 5 km with 4 x 50m strides	Rest
	10	Easy Run Warm up: Brisk walk 5 min Run 4 km without stopping	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min Run 30 min by running 5 min easy and then 2 x 3 min hard, 3 min easy	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Easy Run Warm up: Brisk walk 5 min Run 5 km with 4 x 50m strides	Rest
11		Easy Run Run 5 km without stopping	Cross Training 45 min	Rest	Run Warm up: Brisk walk 5 min Run 30 min with 1 X 8 min hard during the workout	Cross Training / Easy Run Cross training 30 min, or Easy run 20 min	Easy Run Warm up: Brisk walk 5 min Run 5.5 km without stopping	Rest
	12	Easy Run Warm up: Brisk walk 5 min Run 5 km	Cross Training 35-40 min	Run Warm up: Brisk walk 5 min Run 3 km running the first half of each km hard, and the second half easy	Rest	Easy Run Run 15 min	Race 5k Race!	Rest